

Laker Chats are one-on-one or small group in-depth conversations between a student staff member (Resident Assistant) and their residents guided by a set of suggested questions/prompts. Laker Chats places an emphasis on RAs getting to know their residents, maintaining those relationships, understanding community trends and needs, provide referrals to resources accordingly, and identifying strategies to engage with their communities. These conversations usually occur in-person, however, due to the implications of COVID-19, these should happen remotely, or socially distanced.

As a result of participating in a Laker Chat with their RA, residents will...

- Articulate their transition and state of being while navigating their virtual/hybrid/ in person university experience
- Identify where to find academic, social, and personal wellbeing resources
- Identify academic goals for the semester
- Identify resources to remain informed about COVID-19 and other university policies/procedures
- Identify connection opportunities with other residents in the community

Every resident will have the opportunity to participate in two Laker Chats with their Resident Assistant in the Winter Semester. One will occur during January 20th – February 28th and March 20th – April 28th. RAs are required to offer these opportunities to their residents. RAs are asked to formally track Laker Chats via an online form through the #GVSURA website and a floor roster spreadsheet provided by their LCD. During 1:1s, RAs should be prepared to present/discuss trends, connections, etc. of their floor community to their supervisor.

Recommended Laker Topics / Questions

- Major Exploration
- Navigating Virtual Spaces
- Financial Aid, Financial Concern
- Roommate, Floormate and Suitemate issues or concerns
- Mental Health
- Wellness and Selfcare
- Social & Political Climate
- Personal Relationships
- University Resources Sharing
- Food Insecurity
- Facilities Concerns
- COVID 19 Concerns
- Academic Concerns

Conversation Starters Ideas

1. How was your winter break and the holidays?
2. What are you studying at GVSU?
 - a. What are your academic goals this semester?
3. What ways are you planning to stay engaged and connected this semester?
4. Are there any resources or professional staff that I can connect you too?
5. How are classes going?
 - a. How is the plan going to achieve the goals we discussed earlier in the semester?
6. How are you taking care of yourself?
7. How are the relationships in your life going?
 - a. Family? Roommate? Suitemate? Significant other?
8. What are your plans for the summer?
9. What are some challenges you are facing this year?